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NEW YEAR THOUGHTS.

Midnight! The first few moments of the New Year! Whenever we are "seeing out the Old and in the New," whether in some gay company, or in the silence of our own chamber, at this hour there is a pause, and one's thoughts turn to ourselves inevitably. The New Year! How our hearts glow when we again make those annual resolutions, that even when life's meridian is past we still make, that this year we shall not make the mistakes, the failures that were ours last year, that, God helping us, for most of us lean more on that Help as we grow older and feel our weakness and the buoyancy of youth departing, and realize that there is Something outside ourselves, to which we can appeal, not vainly, for help. Those first few moments, when the chimes ring out in the darkness, telling us that the Old Year has gone, and welcoming the New, are fraught with resolutions for the future. The old man or woman, the careless youngster in his early teens, the man hardened in vice, the innocent girl, all feel at this time some pang for the past, make some resolve for the future. However we may try to "shelve" such thoughts, they are there in our innermost hearts.

Then with sad introspection we look back on the year that has gone! Our triumphs which mean so little now they are gained and past; our failures, which still ache in our hearts. We will try to do better this year. And then when we rise and go about our daily occupations we try to put forth some of the feeling which has been in our hearts, in the "Happy New Year" which is our spoken greeting to all we meet.

But alas! as the days go by the ardor of the New Year wears away, our resolutions grow dimmer. Already we have been called on to shoulder some burden! What is before us? Oh, this "crossing of bridges before we come to them!" If we can only learn the lesson of living in to-day the victory over that terrible indefinite depression is won. "To live in to-day."

To make the most of any tiny gleam of sunlight that may break through the clouds; to laugh whole-souledly at the humorous side which most incidents have; to face the worry or trouble and endure it bravely as one would bear a physical pain, knowing that beyond it is still lots of pleasure and happiness for us, although just now we are conscious of

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nothing but darkness. To know that we live but a day at a time, and that each day brings with it strength to bear that day's joy or sorrow! Nothing is ever so bad as we anticipate. The burden once shouldered is lighter than we expected. Let us do what even we have to do, either working or playing, to the best of our ability. I read the other day a re-adaptation of the child's prayer, "Now I lay me down to sleep." Here it is:—

"Now I get me up to work,
I pray the Lord won't let me shirk.
And if I die before the night,
I pray the Lord my work's all right."

This is the true spirit of living in to-day, and if we can carry this spirit with us through the coming year it will make a vast difference to our lives, sweetening our failures, lessening the sorrows, cheering depression, brightening the joys and triumphs.

Arthur Christopher Benson says: "A man can throw himself in utter confidence before the feet of God, claiming nothing, demanding nothing, but the sense of perfect acquiescence in His will and deed. The secret is not to forecast and forebode, but to live in to-day, and for the day, practising labor, kindliness, gentleness and peace."

A. H.

IMPRESSIONS OF JEANNE MANCE AS TO THE ADVANCE IN THE NURSING PROFESSION SINCE 1642.

By Miss H. A. Des Brisay, Montreal.

It is a long time since Jeanne Mance cared for the sick in your city, and I could not but contrast the Montreal of to-day with that of nearly 300 years ago, as I came along Sherbrooke street to-night. Then it was the heart of the country, and now it is the heart of the city. You all know how tremendous the strides of civilization have been since I lived here. However, I did not come to-night to talk about that side of the question—I want to consider what the advances are which have been made in the profession to which you are all devoting your lives. When the small mud huts were put up in the field at the foot of the mountain, where the large hospital, known as the Hotel Dieu now stands, things had to be done on very primitive lines, but I think I may say that the patients were given the same tender care as those in the most thoroughly equipped buildings of to-day—in fact, they may have had more individual care. Of course, there were fewer of them —but I cannot help thinking that the patients in the wards of our large hospitals are sometimes subjected to what one might call "rush treatment." It must be so where one pair of hands is expected to do so

Read at the November meeting of the Canadian Nurses' Association.

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much work in a given time. Of course we know that to many of the patients in the public wards of our hospitals it all seems most palatial, but that is surely no reason why the staff should not be large enough to dispense that royal treatment without the fearful rush which seems to be the common method in the institutions of to-day. For example, I understand a helpless patient often has cold nourishment (when it should be hot), or none at all, because nurse has not time to feed him or her. This surely should not be. It is bad not only for the patients, but for those who minister to their needs.

In August, when so many were considering the questions which were being discussed by the International Council at Cologne, one read in many papers such articles as these: "Will not the medical men tell the community what is to be done to put our hospitals on a *decently* efficient footing?" "How is it that the health of Peter the nurse is exploited in hospitals to benefit Paul the patient!" "It seems quite senseless to make one set of people ill in order to nurse another set back to health!"

In looking back all these years I can see that it has been proved over and over again that women are not mentally less strong than men, but physically—nevertheless they have often far greater powers of endurance. But these very facts make it incumbent upon those responsible for organizing the work of nurses, to insure that the burden is eased as much as possible; that though occasional overstrain is inevitable, it is not constant, or necessitated by the condition of work—that good food, *properly* served, and sufficient time for rest and recreation, are assured to them. Many improvements have been made, but I understand they have sometimes been "bought with blood." When one, shall I say over-conscientious, nurse, falls under the burden and passes in behind the veil, then something is done to relieve the pressure for the one who follows. It seems as though we were slow to learn our lesson, and it often requires some calamity to teach us what our responsibilities really are.

In all departments women's labor is cheap and plentiful. When some fall out of the ranks, others are ready to take their places, especially in the ranks of hospital nurses, and one cannot help noticing that in considering salaries, it is not so much what the work is worth, or what can reasonably be expected in this age of expensive living, as it is how little it can be done for. In private duty, the strain may not always come in the actual duties performed (though they are often onerous enough), but in its irregularity, the uncertainty of the calls, the constant tension, the strain of night as well as day, and the frequent lack of sleep. This question of overstrain seemed to be the main wrong the great Congress had to correct.

In Dr. Hecker's wonderful paper he discussed the whole subject,

and said the vital question of the day was the excess of work of nurses with consequent overstrain, and undue demands upon their strength. Fatigue was physiological, *over fatigue* was pathological. The regulation of work was a most important point, and the remuneration of nurses proves how under-rated the nursing profession is in some countries.

Lack of knowledge is often a fruitful source of overstrain. Conscientiousness, too, adds to the strain of the worker, a strain unknown to the type of Sairy Gamp or Betsey Prig. The nurse who goes from one acute case to another where her rest is broken and sleep limited needs a few days between to recover physical, mental and spiritual poise. Few persons realize that while the ordinary able-bodied man considers that eight hours a day with a weekly half-holiday, and Sunday's rest, constitute a good week's work, at *least* twelve to fourteen hours a day for seven days a week, or nights when the strain is increased, is expected of most nurses.

The strain of the district nurse and that of the one engaged in social service is one in which sometimes underfeeding comes in as chief factor, as well as the lack of personal comforts. I say comforts, but necessities would be the better word. For warm quarters, hot bath and appetizing food are among the necessities of life when, wet, foot-sore and weary, the nurse returns home at the close of an anxious day's work; but at the ratio of salary to board and lodging she must either get them for herself or go without.

Another form of overstrain not to be justified, is that of the nurse who endeavors to lead the ordinary social life of pleasure at the same time—to regard nursing only as a means to an end—to put so much time in sickroom or hospital while the real interests of life remain outside. Nursing is an exacting task-mistress, and inevitably and rightly avenges herself on those who attempt to depose her from her position as absolute monarch.

Unquestionably our duty is to guard against overstrain. A patient's first need is a nurse with freshness and vitality. Nurses have a duty to themselves, and it is futile to insist upon the importance of the rules of hygiene to others, and deliberately ignore them oneself, although it must be admitted in these days of high pressure it is far easier to preach than to practice.

And now I want to tell you something of those wonderful days in Cologne. I was one of the happy ones called upon to attend this great gathering of the world's nurses from all parts of the globe and of every age. For how long one read before in the different journals such announcements as the following: "Only a few weeks and the nurses from all parts of the world will have assembled in Cologne," or "In ten days' time nurses from 23 countries will assemble to attend the meet-

ings of the I.C.N.''—''Hurrah for Cologne!'' etc.? There is so much I could tell you, but I have taken a good deal of your time already, and must only give you a synopsis of the doings of those days.

We arrived on Friday, August 2nd, at midnight, and found that

JEANNE MANCE.
As presented by Miss Des Brisay at the Nursing Pageant, Cologne, and when giving her Address

Sister Agnes and Miss Dock had secured accommodation for us at one of the hotels, and the latter came next morning to see if we were comfortable. Saturday was devoted to getting tickets for Congress, excursions, etc., seeing the exhibition and meeting old friends. On Sun-

day night the banqueting hall of the Gurzenich, which was built by the City Fathers of the 15th century, was crowded for the pageant. The windows of this building are filled with stained glass of historic interest, and the walls are decorated with a representation of the procession on the completion of the cathedral in 1680. The Mayor and Professors welcomed us with hearty greetings. Then came the Manner Choir, enthralling us with its music, after which followed the marvellous series of living pictures. The motif of the pictures was to illustrate the development of sympathy for the sick and poor. They were all represented by living people, but were astonishingly like figures carved in wood, stone, bronze and marble. You have all doubtless read the description of the pageant in the different magazines. By special request it was repeated on Tuesday night.

Monday, Tuesday and Wednesday were devoted to the different sessions, at which papers were read setting forth the development and advancement of the nurse's work. Some of these papers were in German, but the gist of them was given us in English, when they were not fully translated. They were on "Nursing Education," "The Preliminary Education of a Nurse," "The Duties of the Matron in the Administration of Hospitals, in the Training and Education of Nurses," "The Social Work of the Nurse—in Homes for Working Women—Care of Children—School Work—Welfare Work for Tuberculosis Patients—As Police Assistants—in Prisons—State Registration." In all work the overstrain of nurses was widely discussed as the question of vital importance.

On Monday, the fifth, we were entertained at a tea in the Flora by the Mayor and Municipality of Cologne, where we heard more exquisite music in the beautiful Palm House. The banquet held in the splendid gold and white ball-room of the Hotel Disch on the evening of August 7th was a most brilliant social event, and I am sure will never be forgotten by those who were present. It was the first that had ever been held in Cologne organized by women, but it will certainly not be the last. I would say to all who have never been present at the banquet, do not miss is in the future under any consideration.

Of our day at Kaiserswerth there is much to tell. On Thursday morning, August 8th, we left Cologne by steamers, and enjoyed a vast amount of happy intercourse, and an excellent dinner on board, arriving at Kaiserswerth in a rain storm. We were met by the kind Pasteur Von Velsen, and our party was divided into groups of forty, each with a conductor, and guided through the quaint, picturesque town. To reach the Mother House we passed through the peaceful cemetery where is buried Freidricke Fliedner, first wife of Pasteur, to whom we must be given recognition for the creative genius and marvellous spiritual energy which found practical expression in the foundation of the first

Hospital and Mother House. She was only forty-two when after almost superhuman efforts she was laid to rest sixty years ago. An iron railing protects the grave where, under the stone with its symbols of dove, olive branch and star, all that is mortal of this wonderful woman is resting. The inscription is "Come ye blessed of My Father, inherit the Kingdom prepared for you from the foundation of the World." A wreath of laurel tied with purple ribbon was placed on the grave, a gift from the National Council of Great Britain and Ireland. Pastor Fliedner is also buried there, and by his side Mother Caroline, his second wife, who died at the age of eighty-two; also Gertrude Reichardt, first Deaconess, and many others who have worked and died at Kaiserswerth. Two other things we wanted specially to see: the little corner room which had been occupied by Florence Nightingale, and the little Garden House, the cradle of Kaiserswerth. The former is in the building at present used as the school for teachers, and the windows for this happy day were flower bedecked and draped with the British colors. We were permitted to enter the room and look out on the lovely gardens and peach orchards, to where the Rhine flows so swiftly by. No doubt Florence Nightingale sat at these very windows and saw with prophetic vision the coming of the modern nurse. The sister in charge of this department, Sister Julie Borges, was a perfect revelation to us all, so wonderfully bright and active in spite of her years. Later, after we had been so kindly entertained with coffee and cake, she told us of her own personal relations with Florence Nightingale—how she went to London to see Miss Nightingale before she died. After refreshment she was admitted to Miss Nightingale's room, where she found her in bed behind a black and silver screen, placid and beautiful, wearing a lace scarf over her head. After delivering her greetings from Kaiserswerth, Miss Nightingale told her she should never forget the kindness she had received there. Sister Julie told her she was called "The Queen of Nurses," to which she gave a little smile and changed the subject by asking Sister to pray with her. She told Sister to go up to the roof garden and take some flowers to Frau Disselhoff, one of the oldest nurses in the Home.

In conclusion, Sister Julie said: "God removes His workmen, but carries on His work, and that you are all assembled here to-day is a sign to me that the good work of Florence Nightingale still goes on."

Sister Louisa, who spoke English fluently, explained the various branches of the work which is carried on in twenty-four buildings—the school for domestic training for young girls, school for teachers, hospital for sick, children's hospital, orphanage, mother house, school for deaconesses, church, insane building, house for nervous diseases, penitentiary, and many others. Sister Louisa, we were delighted to find, was the grand-daughter of Pastor and Freidrike Fliedner. At six

o'clock we were escorted back to the landing, and said good-bye to all our kind friends after a most delightful day.

On Friday we went by train to Bad Neuenahr, and no one can wonder at the reputation the German baths have gained after seeing the perfect arrangements. The whole day is not given up to drinking the life-renewing waters, but it must be all too short to enjoy the beautiful gardens and music, which even in this land of musicians is exceptionally fine, and the walks and excursions in the valley of the Ahr, which tradition tells us is a bit of Paradise, which fell from the hands of the angels, when on account of man's transgression the Garden of Eden was being removed from earth to heaven. About four hundred of us went to this wonderful spot, and were entertained by the administration to luncheon in the concert hall. The hospitality was most generous and the music an abiding delightful memory. Music played a very memorable part in all the hospitality of the Congress.

In connection with the springs, the Director mentioned among the cases for which they are beneficial, diseases of the digestive tract, liver and kidneys, including gall stones and diabetes, gout, diseases of the respiratory organs, and an experience of over fifty years proved the efficacy of the treatment. Last year they had 14,000 patients. We were shown the different springs, of which there are none others (these alkaline thermal springs) in Germany.

The pleasures of the day were not yet over, for we were yet to see the famous sanatorium for nervous and mental cases at Ahrweiller, a short train journey from Bad Neuenahr. We were divided into four parties and conducted through this great establishment. One of the Doctor's daughters, Miss Sophie von Ehrenwall (the holy Hildegardis of the pageant, who lived about 1500—just one hundred years before me) was my guide. The grounds compose 452 acres, and the foundation stone of the principal house was laid in 1882.

There are a number of departments, and the area to be covered in going round this immense building was very great. Up and down stairs we went, however, in spite of the fact that we had already been over Neuenahr, as one of the nurses was heard to remark, "Faint yet pursuing"—but we were rewarded by an insight into a most wonderful institution. The electrical department was very attractive, where rowing, sculling, riding and all kinds of exercise can be indulged in. Miss Lee (whom those of you who were in London will remember) was greeted with shouts of laughter when she adventured upon the electrical horse, and though jolted up and down very rapidly, stuck to her mount.

The appointments in all departments are most luxurious, and one would not but be struck by the light and airiness of the whole establishment.

One other department I should like to mention is the exhibit of work done by the non-paying patients, including wood carving and

modelling. It was very fine. The charges for paying patients are very reasonable—from 10s a day up, which includes medical attendance.

When we had finished our rounds we were all quite ready for tea, which was served under the most delightful conditions one could imagine. Long tables laden with many good things and decorated with lovely flowers, were laid in a long beautiful pergola, and willing hands served us to refreshment.

All happy days come to an end, and this one shared the same fate that others do. Dr. Von Ehrenwall said he had been honored by an invitation to the Congress meetings and was much struck by the earnestness and discipline of its members. In an association of which he had been a member for thirty years, he had never met such profound earnestness and harmony as were so noticeable at the nurses' meetings, but you will agree with me if I ask you to think of it often, and may it always help to stimulate your zeal.

Sister Agnes returned thanks on our behalf for the many, many kindnesses which had been heaped upon us on the Rhine. It was this personal note of kindnes which was so conspicuous in all the festivities and which was so much valued, together with the good fellowship of the members, who were not only united as professional workers, but by the harmony of their aims. It was this which promised success in the future, and in this hope she said, "Farewell, till San Francisco."

Some of us were fortunate enough to have a few days afterwards in which to see something of Cologne. A German nurse, Sister Else Weiser, very kindly conducted me everywhere and showed me places and things I never should have seen if left to myself. Like everything else, it was all a joy, and I would say to every nurse who has her profession at heart, and is moved by any impulse for the public good, "*Do not miss these Congress meetings.* They are *most* inspiring. Just here I should like to quote part of a letter from Miss Hulme. She has attended all the Congress meetings, and says that as she counts the beads in the rosary of her years, the larger beads on the chain seem to represent the Congress years, knitting up, consolidating and making epochs in the daily, yearly toil and work. The impressions formed, the resolutions made, the friendships cemented during the Congress week are like the snapshots taken by the Congress members—taken and put on one side for the moment, brought out and developed later on, and finally printed in our hearts—

"And when at eventide we are alone,
We bring them out and live with them again—
The years all pass away which since have flown."

And we are back in London, Paris or Cologne, remembering this or that idea and suggestion given for the advancement of our work.

And thus we tell our beads of working days, gladdened by the

memory of good seed sown and good work accomplished, quickened and strengthened by sympathy and good fellowship, looking forward to the rivetting in the near future at San Francisco fresh links in the International Chain.

FEMALE POLICE ASSISTANTS.*

By Sister Henriette Arendt, Member of the Organization of German Nurses.

In 1868 the question of women workers in municipal government was first mooted, to-day 12,000 women are employed in all its branches. The fact that the supervision of prostitutes is now in the hand of the female police, may be looked on as a great step forwards, for women may be the means of reclaiming women.

In 1882 the two first female police assistants were appointed in Chicago by "the white union" and were supported by private subscription, with such good results that municipal appointments soon followed. In January, 1907, there were 80 female police assistants in America; to-day they are to be found in almost every large town of America. In 1903 the first female police assistant was appointed in Stuttgart—Sister Henriette Arendt. The following towns quickly followed Stuttgart's example: Hanover, Bielefeld, Berlin, Kottbus, Munich, Nürnberg, Augsburg, Kattowitz, Kiel, Freiburg, Leipzig, Dresden, Mainz, Würzburg, Regensburg, Elberfeld-Barmen, Königsberg, Bremen, Danzig, Breslau, Posen, Tilsit, Darmstadt, Magdeburg.

The duties of the female police assistants vary according to the towns. In Stuttgart Sister Henriette Arendt's duties were as follows: To see that order and decency were preserved by those who brought female prisoners to the police courts; to superintend all females brought to the police courts, whether they were eventually set free, senetenced to a term of imprisonment or transferred to other courts. Also to attend the daily medical examination by the police doctor, at which she was permitted to give an opinion as to whether an examination was advisable or could be omitted. Sister Henriette Arendt considered it her most important duty to make provision for the female prisoners on their being discharged, the greater number of whom are prostitutes: barmaids, factory hands, servants, and sometimes girls of the better classes.

It is rarely possible to reclaim those whose parents are criminals, but the female police assistant may obtain influence over and, thanks to private charity, materially aid young girls between 16 and 18 who come into her hands at their first offence, the result of unfortunate circumstances, levity and bad company, but who are not yet blunted by prison life. Sister Henriette Arendt considers reformatories and homes of

*Abstract of the paper read at the Congress of Nursing, Cologne, Germany, August, 1912.

refuge to be the most expedient means of reclaiming such cases. Her attempts at placing these girls in service met with little success. As a rule the girls had been out of work for some time and found domestic service irksome, whilst the mistresses did not always possess the tact and patience necessary for so difficult a task. Sister Henriette Arendt found it worse than useless to have the girls sent home to parents who were themselves averse to labor or too weak-willed to keep their children in the right path. From February, 1903, to January, 1909, 6,886 females passed through her hands, and with the aid of the Evangelical town-mission, of the Roman Catholic Union of the Good Shepherd, and the district Rabbi, 1,620 women and girls were either placed in reformatories, sent home or placed in service. As soon as her occupation became known in Stuttgart, girls who had been cut off by their relations or dismissed at a moment's notice by their employers, mothers with their illegitimate children, came to her for help and advice.

Sister Henriette Arendt lays stress on the fact that the duties of the female police assistant must not be restricted to the care of prostitutes in all their pitiable weakness, springing from moral hereditary taint, excessive use of alcohol and weakness of will. She has been instrumental in founding a home of refuge in Stuttgart for youths discharged from their first term of imprisonment, and maintains that a woman's influence is of inestimable value in restraining these youths in their downward career. In the cause of temperance, but most particularly in the rescuing of abandoned, endangered and ill-treated children, she insists on the value of the female police assistants. In the course of nine years' activity she was able to alleviate the sufferings of several thousands of men and women and 1,200 children.

This proves that the career of a police assistant opens to women workers a field of untold possibilities in the cause of humanity. It must be added that the duties of a female police assistant vary according to the different towns; in Freiburg the duties of the police-nurse, as she is called, are restricted to the supervision of children who are boarded out. Unfortunately some suffragists have contented themselves with being police assistants only in name. Until now there has been no special course of training for female police assistants, but it is much to be desired that they should be instructed in pedagogics, nursing and criminal law. Hospital nurses, especially deaconesses, have proved the most suitable for this difficult and responsible post.

The annual report of the Health Department of the Public Schools, Regina, Sask., for the year ending November 30th, 1912, shows the number of inspections to be 3,733; visits to homes, 851; pupils put under care of dentist, 92; operations for tonsils and adenoids, 53; pupils fitted with glasses, 27; dressings, 340; cases of pediculosis, 99.

TRAINING SCHOOL METHODS AND ORGANIZATION UNDER RELIGIOUS ORDERS.*

By Sisters of Mercy Hospital, of Chicago.

Let us glance backward at the state of society before the coming of the Redeemer. Idolatry and superstition, tyranny and oppression, reigned everywhere. Vices were worshipped. The sweet, consoling words of the Nazarene swept away these abominations and substituted a reign of truth, justice and mercy. What was the condition of the poor and unfortunate? They were treated with neglect and contempt, as objects of malediction of the gods. Even among the most civilized pagans there was no attempt at any asylum or refuge for the destitute and suffering.

The world was shrouded in pagan darkness until He came who called Himself the Way, the Truth and the Life. He commanded His disciples to go forth and teach all nations the saving doctrine which He had taught them. They obeyed the command, they went forth and planted the seeds of Christianity with heroic courage, which often forced them to water the seed with their life blood. As this seed of Christian charity sprang up, simultaneously sprang up charitable institutions: hospitals and asylums for the sick, the destitute, the aged and the orphan.

In order to perpetuate these good works, societies and religious communities of men and women were organized. From the earliest days of Christianity, monasteries and convents were soon filled with men and women. Often young girls devoted their lives to these good works. The founders of these institutions, knowing the necessity of a firmly organized body, with the permission of the Head of the Christian Church, bound themselves by vow to observe the three Evangelical counsels, to which they added a fourth vow, namely, the service of the poor, sick and ignorant. These communities may be traced back to the first century of Christianity.

Taking this view of the antiquity of religious orders, we can readily see how these people cling to their early teachings and feel that if they took in seculars to do the work which they had vowed to do, that they would not be living up to the promise that they had made to God—to serve the poor, the sick and the ignorant. (The Sisters of Mercy make this fourth vow). The religious orders which have been more recently founded, especially in Ireland and America, more readily adopt modern methods of nursing. The science of bacteriology has revolutionized surgery and has made possible things which forty or thirty years ago were considered impossible. We know that since germs have been proven to be the cause of disease, scientists on both continents have been and still are working to discover the best means of overcoming the pernicious effects of these pathogenic germs.

In 1861, when the Sisters of Mercy at Dublin, Ireland, were about

*Paper prepared for the Congress of Nursing Cologne, Germany, August, 1912.

to open their first hospital, the "Mater Misrecordia," which is, or was at that time, the largest in the British Isles, and was called the "Palace of the Poor," several Sisters of Mercy were sent to Kaiserswerth to learn the methods of nursing then taught there. Irish Sisters of Mercy were with Florence Nightingale during the Crimean War. Miss Nightingale wrote that the sisters were her right hand, that they kept good order and preserved discipline wherever they were. Since 1861 most all workhouse hospitals in Ireland have been handed over to the Sisters of Mercy. The Government provides all necessaries and pays the Sisters a salary, also furnishes private apartments for the Sisters and allows them a Chaplin.

The Sisters of Mercy, Hospital of Chicago, Ill., have studied the best theoretical works recommended by physicians and others familiar with the modern methods of nursing. We were anxious to acquire the best means of applying the theory to the practical work of the latest improved methods of caring for the sick, and also of conducting a training school for nurses. In order to secure the best we were advised to procure a thoroughly trained woman to take charge of the training school. We were fortunate in getting a woman who started the school on the right basis and laid the solid foundation on which the Sisters have continued to build. The Sisters have taken up every new idea and continued to advance step by step, as theory and science led the way.

The Sisters specialize or take up one kind of work. Some have the operating room work. They have charge of the nurses employed in the operating rooms and teach them all things pertaining to surgical service. Other Sisters give X-ray treatments, make and mount skiagraphs; a Sister has charge of the surgical supply department, where nurses are taught to buy all surgical supplies, and also to prepare dressings for the different operations. Anæsthetics and everything needed for surgery are dispensed from this room. The pharmacy is in charge of a registered pharmacist. She is the first woman who took the State Board examination in the State of Illinois. All the medicines for the hospital are prepared by her and a Sister assistant. Another Sister has charge of the department of hydro-therapeutics and electro-therapeutics. We also have three Sister anæsthetists. The first one, who specialized in this work, has given 15,000 anæsthetics in twelve years, and has never lost a patienet from the effects of an anæsthetic. The Pathological laboratory is also under the care of a Sister. Internes make examinations of the various pathological specimens. All is under the supervision of Professor Robert F. Zeit, of the Northwestern University, Chicago.

The Obstetrical department is also in charge of a Sister. There are two dressing rooms, Septic and Asepetic, each in charge of a Sister, one interne and a nurse, where about one hundred patients are dressed daily.

The Superintendent of the Training School is a graduate of our own school, who after having taken the training became a member of the

community. The Assistant Superintendent is also a graduate of Mercy Hospital Training School. The pupil nurses average one hundred. Our training school is affiliated with the Northwestern University. Nurses receive their diplomas with the other students of the Northwestern University. It is the first training school in the United States to be affiliated with a university.

There are forty Sisters engaged in hospital work, twenty of whom are registered according to the laws of the State of Illinois for registration of nurses. We have graduated twenty-two classes, 350 nurses.

The nurse who is trained in the knowledge of sterilization and disinfection is able to give the surgeon most efficient aid, and the patient more comfort and assurance of speedy restoration to health. Those religious orders which have been founded during the nineteenth century have taken kindly to modern methods of nursing. The older religious orders which have not adopted the training school for nurses have not neglected to study the new methods and adopt new ideas in things pertaining to asepsis in surgery and nursing medical patients.

These religious organizations knew that to preserve order and secure best results there must be one head, whom all obey; as on board ship, if every man could steer the vessel, the confusion would cause shipwreck. To lead an army to victory soldiers and officers must obey one commander. On their obedience depends success. Their obedience springs not from ignorance, but from a thorough course of instruction, and an intellectual conviction that unity of action is the sure road to success This military obedience is carried out in our training school work, not what some call "blind obedience," but eyes, head and hands trained to work in unison with a kind and sympathetic heart.

As a proof that Sisters all through the United States are making progress in modern methods of nursing, we may state that Sisters of Mercy and members of many other Sisterhoods come to the Mercy Hospital, Chicago, to learn our methods of hospital management and also how we conduct our training school. To all who come we freely extend a friendly helping hand and invite them to light their lamps from our torch, which only burns the brighter by shedding abroad its enlightening rays.

Let us, dear sisters of the nursing profession, rejoice in this that He has promised the kingdom of heaven to those who labor in His vineyard, for has He not said, "Whatsoever you did to the least of my brethren, you did it unto me; therefore enter into the joy of your Lord."

GLEANINGS.

Hints for the District Nurse: An improvised bed table can be made from a medium sized soap box by breaking away the two sides and leaving the two ends. This can be covered with a serviette quite easily.

In England, bed cages are used in abdominal operations to lift the

weight of the bed clothes off the patient's knees. The soap box idea in a larger size with sides broken off can again be used. In making up the bed leave blanket next to the patient, then arrange soap box and cover with rest of bed clothes. If patient is not warm enough place hot water bottle in bed.

Ice pick can be made. Fix cork in thimble, run the eye part of a stout darning needle into cork.

Stout brown paper is an excellent substitute for a temporary mackintosh, especially in dirty pus cases where everything should be burnt after dressing. In slum work brown paper has often been placed between bed clothes to help retain the heat.

Home made irrigator. Place absorbent cotton in a pitcher of liquid and let cotton hang over at the mouth. This acts as a drop method when the dressing is to be kept moist.—MARY C. ROBERTS, *in Pacific Coast Journal of Nursing.*

POLIOMYELITIS: Important discoveries were announced at the International Congress on Hygiene at Washington regarding the spread of poliomyelitis, says the *Canadian Journal of Medicine and Surgery.* Professor Petterson, of Stockholm, Sweden, has found that the secretions of the nose are the source of infection. Professor Bosenau stated that he had discovered that the disease was conveyed by the bite of the stable fly. "It would seem that Petterson's interpretation of the manner of spread is more likely to be correct, as it bears out Professor Simon Flexner's theory. It is believed that the results of the symposium at Washington will bring about a general acceptance of Petterson's views and in consequence that in the near future those suffering from the disease will be strictly isolated."

MODEL KITCHENS: A system of model kitchens to teach women and girls right methods of buying, cooking and keeping food, was advocated by Dr. Nasmith, of the Health Department, Toronto, in his address on "Scientific Social Reforms" at the annual meeting of the Associated Charities. "Some people are poor because they do not know how to buy to the best advantage, nor the best kinds of food to purchase."

"Proper methods of account keeping would put many poor people on the way to more independence."

"If a plan like this could include a scheme for co-operative buying by groups it would be even more efficient," said the doctor.

The annual report of the Health Department of the Public Schools, Regina, Sask., for the year ending November 30th, 1912, shows the number of inspections to be 3,733; visits to homes, 851; pupils put under care of dentist, 92; operations for tonsils and adenoids, 53; pupils fitted with glasses, 27; dressings, 340; cases of pediculosis, 99.

TREATMENT FOR BURNS: A medical friend sends us the following.

His own child had been severely scalded. He says: "Although severe, the wound healed without a scar. The burn was smeared deeply with Cheeseborough's vaseline, containing ten per cent. of lanoline and five per cent. boric acid, with no dressings to irritate the flesh. The bed clothes were kept away by means of an iron frame. Vaseline protects the flesh from the air, allowing no evaporation, consequently no scab formation, cicatrizing process or contraction. Lanolin acts as a specific stimulant to the epithelial cells, and the boric acid prevents putrefactive processes. The vaseline cannot be replaced by petrolatum, as the latter has too high a melting point and is not without irritating qualities.—*The Training School.*

THE SALT PACK: Dr. Jonathan Hutchison considers the salt pack the most effectual remedy for getting rid of the irritation and synovial effusion of rheumatic gout. A flannel soaked in a saturated brine of common salt is wrapped around the affected joint, covered with oiled silk and a bandage, and kept on over night.—*British Journal of Nursing.*

When baking potatoes for my patients I have adopted the plan of rubbing the outside with butter or lard and pricking each potato with a fork before putting into the oven. I find the skin bakes thinner and the potatoes are lighter and more mealy.—K.A.D., in *The National Hospital Record.*

"Word comes that at the King Institute in Madras the discovery has been definitely made and confirmed that kala-azar, or black fever, is caused by a variety of bedbug. It is called in India dum-dum fever. It has been regarded as a peculiarly fatal form of ague. The death rate is sometimes almost 100 per cent. It was epidemic in Assam a few years ago and destroyed almost the entire population of many villages." —*The Canada Lancet.*

Dr. W. B. Kendall, of the Muskoka Sanitorium, Gravenhurst, Ont., writing in the *Journal of the Canadian Medical Association* on "Observations Relating to Diet in Tuberculosis," sums up his conclusions as follows:—

1. Forced feeding is not essential in the treatment of pulmonary tuberculosis.

2. Great gains in weight should not be sought, but an endeavor made to secure a gradual increase in the patient's weight up to a point slightly above normal.

3. A lower protein content is better tolerated than the amounts now usually given.

4. The partaking of meals should be under close supervision, with rest before and after meals enforced.

5. Constant attention must be given to the question of proper proportions of food elements.

6. Cheerful and contented patients are more likely to be hearty eaters, and to progress favorably, than those who worry.

7. Eggs and milk are not indispensable in the dietetic management of tuberculous patients.

8. Lunches should not be given between meals unless there is a special reason.

9. It is a hardship to advise patients to procure food, the price of which is almost prohibitive, when a diet of equal or greater nutritive value can be purchased for less money.

A writer in the *Pacific Coast Journal of Nursing* gives the following practical suggestion:—In hospital work a death basket saves a lot of steps at a busy time. Have all the necessities packed in the basket; two sheets, a towel, two wash cloths, a roll of non-absorbent cotton, triangle, chin support, bandages, comb, scissors, nail file, soap, needle, and sutures, and absorbent cotton.

POLIOMYELITIS: *The British Journal of Nursing* gives the following interesting synopsis of a lecture on the investigation of this disease by Professor Simon Flexner, Director of the Rockefeller Institute, New York, who delivered the Huxley Lecture at Charing Cross Hospital: "The parasite of this disease is invisible, ultra-microscopic, and filterable, and there is a close correspondence between the virus of the disease and those of ultra-microscopic organisms in general—for example, those of yellow fever and dengue fever. Recovery is produced by immunization, during which microbicidal substances, which can destroy the virus, appear in the blood. The virus is highly resistant to drying, light and chemical action; in dust it survives for months, and in diffuse daylight indefinitely.

"The Professor is of opinion that the site of infection in man is the nasal mucous membrane, from which the virus ascends first by the nerves of smell to the brain, multiplies in and around the olfactory nerves, and passes on into the cerebro-spinal fluid, by means of which it is carried to all parts of the nervous organs. But there are also other possible modes of infection, and the fact that poliomyelitis is commonest in the late summer and autumn indicates the probability of an insect carrier of infection. Thus house-flies may act as carriers, and in one instance infection has been produced in bed-bugs, but the result did not show that multiplication occurred with them or that they acted as the agents of inoculation. It is, however, significant, as showing that insects are capable of taking up the virus from the blood where it exists in mimimal quantities, and of harboring it in an active state for a considerable time.

"The employment of the immune sera exercises a definite, though

perhaps not very strong protective action. The disease, if not entirely prevented, is so modified as to be of greatly diminished severity, but at present scientists have only touched the fringe of the problem of the cure of the disease. So far as drugs are concerned, if the inoculation of virus and the administration of urotropin are begun together and continued for some days, paralysis is sometimes, but not always, averted. The modification of urotropin with other antiseptic groups in some cases renders it more efficacious than the original compound. In others this appears to promote the onset of paralysis."

To Relieve Pain in the Ear: Brickner gives the following instructions regarding the treatment to relieve pain in the ear. He says: Do not pour hot oil into the ear to relieve pain. Heat can be applied much better in a hot mixture of glycerine, alcohol and water, which will not turn rancid or clog up the ear, and can be removed by syringing with water. A towel or large pad of gauze wrung out of boiling water and closely applied over the ear, covered with oil silk or protective rubber tissue, is better than a hot water bag.—*The Trained Nurse.*

An interesting cure for chilblains is recommended by the *Surrey Comet*: "Stand on your head for a few moments in order to allow the blood to leave the feet. Then remove the red portion of the chilblain with fine sandpaper and press the affected parts carefully with a small goffering-iron hotter than you can bear it. Encase each toe in a white kid finger stall and go and play golf."

"Talk health! The dreary never-changing tale
Of mortal maladies is wrong and stale;
You cannot charm, or interest, or please
By harping on that minor chord—disease.
Say you are well, or all is well with you,
And God will hear your words and make them true."—*Una.*

The Nursing Journal of India quotes this method of preventing the bites of insects: "Take one ounce of epsom salt and dissolve it in one pint of water, wet a bath cloth wet enough that it will not drip and rub the body wet all over, and not wipe afterwards, but dress. I am very certain that flies, gnats, fleas, bed-bugs, mosquitoes, or the famous African fly will never touch persons so treated. If they are exposed more than usual, being near water or in a forest, they may make a somewhat stronger solution, wet a cloth and rub the face, neck, ears, and hands well, do not wipe, but allow it to dry; it will leave a fine powder over the surface that the most bloodthirsty insect will not attack. Besides, the solution is healing and cleansing; it will heal the bites, subdue the consequent inflammation, and cures many diseases of the skin."

THE GROUCHES OF A GRAD.

THE HAPPY MANSIONS.

Of course I know perfectly well that Sadie did not get grippe on purpose, but I maintain that there are better ways of avoiding it than walking three miles in four inches of slush without your rubbers because they make your feet look big, especially when you are expecting to be rung up for a stork case any minute, and if Sadie had just come in off a double pneumonia case expecting to go to bed for a whole day and found me sneezing my head off, with a bottle of eucalyptus, and a yard of butter-muslin, and the call waiting, I don't believe she would have been any sweeter-tempered about it than I was. If we hadn't been a month behind in the second payment on our lot as it was,, I would have gone to bed and let some one else have the case, but we couldn't afford to let all that good money go past us, so I hustled into a clean uniform while Sadie gave me directions through her nose.

"She's a Mrs. Clarence Wilming-Reed, and the hyphen is about all they've got. She is a pretty little thing, shy and timid; if you put your skirt on over your head you'll have to stop to do your back hair over again."

"And if I put it on over my boots I'll have to stop to wash the skirt over again," I retorted bitterly. "I must say you are a lot of help. Perhaps you'll mention where the lady lives before I go; but don't let me hurry you; get through with her wistful smiles and clinging disposition first."

"Oh, they live in the Happy Mansions—the first flat."

"Happy Mansions!" I gasped, emerging from my skirt with a jerk. "Out at Twenty-seventh Avenue, and it's snowing now. Good land!"

But Sadie dropped her young sheet of butter-muslin between the lounge bed and the wall and went after it head first. You can always trust Sadie to wriggle out of an awkward situation.

"Of course it's a cheap workingman's apartment block, and not their style at all," she was saying when she reappeared, "but they were lucky to get that—"

"Perhaps we'll be lucky to get our money—and we're not exactly notorious for our luck," I snapped.

"Oh, the money is safe enough. When he wrote his uncle or aunt, or whoever it was who disinherited him—she told me all about it, because he was supposed to have married beneath him—that an arrival was expected, they sent out a cheque for a hundred dollars, and more and the baby clothes to follow, and to tell them to come right home as soon as she could travel and be forgiven and for him to go into the Army again."

"Salvation Army, I suppose," I said hastily, as my only collar-stud

rolled under the carpet and tacked the edge down behind it the way those things always do when you are particularly rushed: "I'll be back in a couple of weeks; perhaps you'll have the story straightened out by then."

"He was a Lieutenant in the Army and had to sell out and come out here and get whatever he could to do to keep them after his people turned him down for marrying a poor curate's daughter, and when they sent him that money he put every dollar of it into the bank for the nurse and doctor; he is a good, hard-working boy, and I believe he was better pleased at getting a position as nightwatchman at the Western Shingle Mills than he was at the news that they wanted him to go back to England. The money is safe enough."

"I'm glad some one is putting it in the bank for me; I don't seem able to do it for myself," I grunted. "Well, I'm off."

"Do be particularly nice to the poor little thing, Mollie, she—"

"I'll endeavor to suppress my natural disposition for this one occasion as a special favor to you," I retorted grimly, and stalked down the stairs with my head in the air. But I had to drop my dignity in the middle of the block and make a wild dash for my car. A kindly "Dago" on the top step gave me a pull and a cheerful newsboy on the lower one gave me a push, and a stout lady holding on to the contribution box glared at me because my valise landed on her toes when the sudden starting of the car jerked me into the waistcoat of a rubicund man of the real estate class, who guided my tottering steps inside the car, smiling as if it was quite a pleasure to have his quotation list knocked out of his head by the impact of a robust young woman in uniform, and so I made my triumphant entry, inwardly upbraiding Sadie and her depraved tendencies towards influenza.

My temper was not improved on arriving at Twenty-seventh Avenue some forty minutes later, to find another inch of snow down, and two blocks to be walked over a three-plank sidewalk to the door of the Happy Mansions, and when a large, coally individual in overalls blocked my way in the main hall of the building I glared at him as if he had been the original cause of all my woes.

"Are you the nurse?" he inquired, gruffly.

"Yes," I answered with equal curtness, "for Mrs. Wilming-Reed."

He nodded.

"That's right. I was jus' goin' to 'phone. She wants you bad."

He took my valise from my willing hand and led the way round four corners and down two steps.

"You are the janitor, I suppose?" I asked. Indeed it required no Sherlock Holmes to discern the fact, and I began to suspect that Mr.

(Continued on page 53)

THE CANADIAN NURSE EDITORIAL BOARD.

INCORPORATED 1910.

The Canadian Nurse Editorial Board held its second annual meeting on the fourth Wednesday of November at 295 Sherbourne St., Toronto. There were *six* members present. A few sent letters expressing regret at inability to attend, but by far the greater number of the members ignored their obligations entirely.

The President reported a steadily growing interest in the Magazine. The slips adopted at the last annual meeting had been helpful, as it was hoped. She made a strong appeal for the assistance of every nurse to help make the magazine what we would like it to be.

The Treasurer, Miss Christie, reported as follows:—

FINANCIAL STATEMENT.

November 16th, 1911, to October 31st, 1912.

Receipts.

Balance November 16th, 1911	$ 73 60
By contributions to C. N. Fund	27 50
By D. McKinnon, Comm's	24 00
By D. McKinnon, as per agreement	299 96
By interest	10
	$425 16

Disbursements.

To printing	$ 20 20
To postage	4 00
To expense	22 80
To contributors	103 25
To Editor's salary and rent	183 00
To balance, October 31st, 1912	91 91
	$425 16

M. E. CHRISTIE,
Secretary-Treasurer.

Mr. McKinnon's report showed that the advertising carried for the twelve months ending with the October number amounted to $1,916, and the subscriptions received during this time amounted to $1,042. The cost of printing has advanced at least 20 per cent., so the margin of profit is very small.

(This is no myth. In the early years of the Magazine the printing cost $2,000 per year. With an advance of 20 per cent., it means that each issue costs $200. Did you realize that before?—Ed.)

The election of directors resulted in the appointment of Misses L.

L. Rogers, R.N., M. G. Christie, J. G. McNeil, G. L. Rowan and E. J. Jamieson. The out-of-town members present would not accept office as they felt the directors should be in Toronto.

It was reported that some nurses fail to receive their magazine. The Editor stated that the management was very careful, but could not possibly learn of change of address unless notified. A card would always bring another copy. Any definite complaint was always investigated and the error corrected.

A general discussion on ways and means of helping the magazine and improving it took place over a cup of tea, after which the meeting adjourned.

HOSPITAL REPORT ON TERPENE PEROXIDE APPARATUS.

Those who have had a chance to become familiar with the advantage afforded by the use of a terpene peroxide generator will agree that it has become a blessing to patients and those interested in their welfare. Those who have not had a chance to observe it, a few words of explanation may not be amiss. The apparatus consists of an electrical construction for the purpose of generating pure ozone from the oxygen of the air, the most advanced system is that of the Neel-Armstrong apparatus, which does away with the formation of other obnoxious gasses and generates ozone which is chemically pure. The ozone is now forced through essential oils, where it combines with the active principles, the terpenes, and forms terpene peroxide.

The medication is indicated for diseases of the respiratory tract and where deficient oxidation and ill-nourished tissues are prominent factors. The terpenes have an antiseptic healing effect on the diseased tissues and the surplus amount of oxygen is directly assimilated by the blood, increasing oxidation and destroying the toxins that are so frequently present, resulting in eventful recoveries. Such medication can only have the best results in tuberculosis, having a two-fold opportunity to assist nature, firstly creating a field in which the tubercle bacilli cannot propagate, and by increased oxidation of the waste tissues.

The apparatus has been employed with great success in neurasthenia, melancholia and kindred diseases, thus its scope of usefulness is very large.

E. F. N.

The Australasian Nurses' Journal recommends a debating society among nurses, with the idea of cultivating the art of public speaking. The failure of the nurses to voice their opinions, for opinions they assuredly have, often defeats the object of a meeting.

THE SCHOOL NURSE.

The regular monthly meeting of the Canadian Public School Nurses' Association was held on the evening of December 2nd, at the home of Miss Alice Robertson, 182 Walmer road, Toronto. After the disposal of business, a social time was enjoyed. The Association appreciated Miss Robertson's kindness, and regret that she has resigned from the Public School Nursing Staff of Toronto.

The Department of Public Instruction, Sydney, Australia, has appointed four school nurses.

The Moral Education League Quarterly notes that the Public Schools of Manitoba use the Graduated Syllabus of Moral and Civic Instruction for Elementary Schools arranged by the League. And the League's books based on the Syllabus are recommended for the use of the teachers.

The Department of Health of New York City has appointed ten dentists to work among school children. Free dental clinics will be maintained under the child hygiene division. Heretofore there has been one dental clinic for school children, and this was supported by philanthropic citizens. 58.1 per cent. of the children examined. Loss in school time due to absence caused by toothache and diseases caused by defective teeth rendered the need of proper treatment an economic necessity.

Milk stations are cheaper than hospitals and will save the lives of more babies. Why not put the baby before the window in the best room in the house, and, if necessary, put the geraniums in the closed and darkened room. If sunlight and air are good for flowers, why not good for babies?

Throw soothing syrup to the fishes. As Dr. Holmes said, "It may be hard on the fish," but it at least will save the baby from harm.—*Bulletin Indiana State Board of Health.*

Finally, I have one advice which is of very great importance. You are to consider that health is a thing to be attended to continually, as the very highest of all temporal things. There is no kind of an achievement equal to perfect health. What to it are nuggets or millions?—*Thomas Carlyle.*

Editorial

A HAPPY NEW YEAR.

The Canadian Nurse wishes its readers a very Happy New Year.

THE CANADIAN NURSE.

Our readers will be glad to note that "The Canadian Nurse" has been considerably enlarged with this first number of 1913—from forty-eight or fifty-two pages to sixty-four pages. The appearance of the pages was recently improved, a wider margin being left.

The interest of the nurses is steadily growing, as evidenced by the increase in the subscription list and the larger number who send contributions regularly. But the interest could develop much more rapidly. Does each Association take its duty seriously in regard to "The Canadian Nurse"? What can you do? Help in swelling the subscription list, in securing advertisements, and in encouraging advertisers by making use of the things advertised, by writing articles—scientific, educational, by contributing articles to "The Canadian Nurse Fund" (so far only one nurse has done this).

How often might the nurse in the hospital position help the private nurse by passing on to her new methods and new ideas that are learned as a matter of course there. It is not the privilege of every private nurse to go back to her Alma Mater at intervals and glean new things. Would she not be delighted to find an article by her Superintendent when she picks up "The Canadian Nurse"?

Do these suggestions help you any? Then do not rest till some definite effort has been put forth to build up and strengthen our magazine. Constructive effort is much more valuable and vastly more helpful than destructive, and requires a great deal more energy.

Do you really want to help? Then we will trust you to find a way.

Sixty new subscriptions from the West are reported since the annual meeting. That is help of a practical nature.

Already the committees of the different National Associations in the United States have conferred and outlined a plan for the Congress of 1915 in San Francisco. Miss Goodrich, President of the International Council, expresses the hope that Canadian nurses will render valuable assistance in making that Congress the success she hopes it will be. The Canadian National Association of Trained Nurses will certainly come forward with willing assistance, for do we not feel in honor bound to help make the Congress of 1915 a great Congress?

A HOSPITAL.

There is a hospital in Canada the Superintendent of which is an undergraduate. This Superintendenet is, of course, under the supervision of another of experience, but whose hospital is miles away. Does that justify such a state of affairs?

As long as things go well, no one may think seriously of it. But let something go wrong and where will the blame be placed? With the Superintendent! But can she really be held responsible? Does the responsibility not rather rest upon those who have placed her in this position?

The care of the sick is not to be lightly undertaken. A hospital improperly or inadequately manned does not long enjoy the confidence of the public, if it ever does.

Can a few dollars be placed over against the irreparable damage done to the reputation of this nurse, who in all good faith seeks to discharge the duties imposed upon her, should anything go wrong? Everyone will utter an emphatic *No!*

Superintendents who are fully qualified find the responsibility heavy enough. Yes, are even sometimes constrained to say, "Who is sufficient for these things?" And yet these heavy responsibilities are placed upon the shoulders of one who has not completed her training. She may be most capable. She may, indeed, be the very person for the post (if she had her diploma), but is the principle right? Is the action just to patients or nurse?

Let us soon hear that this mistake has been realized and remedied.

To Mrs. Bedford Fenwick, Editor of *The British Journal of Nursing*, the nursing profession, not only of Great Britain, but of the world, owes an immeasurable debt for her indefatigable work for the organization of the profession, her alert and constant supervision of the interests of nurses, her faithful endeavor to give to the profession a journal altogether worthy, and her strenuous, energetic, enthusiastic, persistent service in seeking to secure registration for nurses. For twenty-five years she has given such a service as few could render. To do honor to this noble leader of our profession and to commemorate her twenty-five years' work, the President of the Matrons' Council asked Mrs. Fenwick to be the guest of honor at a dinner attended by members of the nursing profession at the Hotel Cecil, London, on December 14th.

"The Canadian Nurse" presents congratulations and hopes Mrs. Fenwick will soon see her noble, faithful work bear the desired fruit—State Registration of Nurses.

The Nursing Journal of India for November gives an account of a scheme by which Lady Hardinge, Vicereine of India, proposes to found

a "Medical College for Women and Training School for Nurses and Midwives" at Delhi, the Imperial Capital of India, to be called "The Queen Mary Medical College and Hospital."

"The need for such an institute has long been felt, as it has hitherto been found impossible to get enough Indian women of the better classes to come forward to take up the medical profession, owing to the fact that they can only now receive instruction in men's colleges and in men's classes. It is felt that until this defect is remedied it is idle to hope for the creation of an independent medical profession of women recruited in India, and that without such practitioners it will be impossible adequately to alleviate the sufferings of those classes of Indian ladies who do not attend the public hospitals or call in male doctors."

Nurses everywhere will be gratified to learn that Mt. Holyoke College has honored Miss Wald, of the Nurses' Settlement, Henry Street, New York City, by conferring upon her the honorary degree of LL.D The *American Journal of Nursing* says: "In granting it President Wooley said: 'Lillian D. Wald, friend of those who need friends, originator of far-reaching municipal and national movements for the care of the sick and the poor and little children, a citizen of whom our greatest American city may well be proud, we confer upon you the degree of Doctor of Laws and admit you to all its rights and privileges.'

"What a chorus of approval there would have been if the nurses of the country could have been present to voice their feelings in regard to this first honor of the kind granted to an American nurse. We all know how richly it has been deserved, by years of unceasing devotion, first to the Nurses' Settlement, which she founded, and which has been the model for many others, then to wider fields of philanthropy. It was she who inaugurated the idea which has grown into the Children's Bureau, and it is fitting that Miss Lathop, the head of the Bureau, should have been honored with a degree at the same time and place."

LOST COPIES

It has come to the ears of the directors of *The Canadian Nurse Editorial Board* that some nurses are not receiving their copies of "The Canadian Nurse" regularly. This is often unavoidable, but care is always taken in the management to eliminate this difficulty as nearly as possible. A card to the business manager or the editor will always bring you the number you have missed, and also furnish the opportunity of locating the trouble and correcting it. In case of change of address promptly notify us of the new address, giving also the old address, so that no numbers may be lost in this way. A card, then, with the definite information which will make possible the correction of any error, will be considered a favor. Will you help us by doing this?

The Guild of Saint Barnabas

CANADIAN DISTRICT

MONTREAL—St. John Evangelist, first Tuesday Holy Communion at M. G. H., 6 15 a. m Second Tuesday, Guild Service or Social Meeting, 4 p.m. Third Tuesday, Guild Service at St. John's, 8.15 p.m. Last Tuesday Holy Communion at R. V. H., 6.15 a. m
District Chaplain—Rev. Arthur French, 158 Mance Street.
District Superior—Miss Stikeman, 216 Drummond Street.
District Secretary—Miss M. Young, 36 Sherbrooke Street.
District Treasurer—Miss F. M. Shaw, 21 Sherbrooke Street.

The anniversary festival of our Guild was kept by the Toronto Branch on Saturday, June 15th (on the octave of the Feast of St. Barnabas) at the Lakeside Home, Toronto Island. Owing to illness both the chaplain and local superior were unable to be present. The anniversary office was said by the Rev. J. A. Broughall, who gave a short address. Miss Maud Haslett was received into full membership, and Misses Louie Bryce, Isobel Rendell and Alice Grindley admitted as associate members, these latter being nurses-in-training in the Hospital for Sick Children. There was a large attendance, and all enjoyed the social entertainment which followed.

The first meeting of the Guild for the season of 1912-13 was held on Wednesday, October 30th, in the Lakeside Hospital. The chaplain, Rev. Canon Plummer, gave a most inspiring address on "Service," truly a subject that we as nurses should dwell on, as only in so far as we realize the wonderful privilege of "Service" can we attain to the highest standard of our profession. After the address, there were received into full membership: Miss Dorothy Farncomb, Miss Sarah Stipton, Miss Annie Flemming. The chaplain announced that the following Sunday, November 3rd, would be the corporate communion of the Guild. One of the associate members, Miss Louie Bryce, has joined Dr. Grenfell's Mission. At the next meeting the Superior will read a letter from her full of interesting news of herself and her work.

THE GRADUATE NURSES' ASSOCIATION OF ONTARIO.

(Incorporated 1908)

President, Miss Bella Crosby, 41 Rose Avenue, Toronto; First Vice-President, Mrs. Tilley, 82 Roxborough Street W., Toronto; Second Vice-President, Miss G. A. Read, 772 Hellmuth Avenue, London; Recording Secretary, Miss Ina F. Pringle, 188 Avenue Road, Toronto; Corresponding Secretary, Miss Jessie Cooper, 30 Brunswick Avenue, Toronto; Treasurer, Mrs. A. H. Paffard, 194 Blythwood Road, North Toronto. Directors:—Miss K. Mathieson, Riverdale Hospital, Toronto; Miss Eastwood, 206 Spadina Avenue, Toronto; Miss L. L. Rogers, R.N., 10 Geofrey St., Toronto; Miss M. Ewing, 295 Sherbourne Street, Toronto; Miss Jean C. Wardell, R.N., 113 Delaware Avenue, Toronto; Miss Julia Stewart, 12 Selby Street, Toronto; Miss Florence Potts, Hospital for Sick Children, Toronto; Mrs. Yorke, 400 Manning Avenue, Toronto; Miss Eunice H. Dyke, R.N., 74 Homewood Avenue, Toronto; Miss Mary Gray, 505 Sherbourne Street, Toronto; Miss Janet Neilson, 295 Carlton Street, Toronto; Miss A. I. Robinson, 295 Sherbourne Street, Toronto; Miss G. L. Rowan, Grace Hospital, Toronto; Miss Janet G. McNeill, 505 Sherbourne Street, Toronto; Miss De Vellin, 505 Sherbourne Street, Toronto; Miss A. Carnochan, 566 Sherbourne Street, Toronto.

The regular meeting of the Executive was held at The Headquarters, The Toronto Graduate Nurses' Club, 295 Sherbourne Street, on Wednesday, December 4th. There were ten members present. The President presided. The Treasurer reported $518.48 in the bank.

The fact that some pupil nurses in the Province are receiving their training largely outside of the hospital, on private cases where they are earning money for the hospital, was discussed and a committee appointed to secure information.

The members are anxious to see a nurse installed in each Crêche, as skilled care is most desirable where so many babies, not all in good health, are cared for.

The report that a Chapter had been organized in London was received with much pleasure.

The Hamilton Chapter reported a very interesting lecture on Tuberculosis by Dr. Holbrook, of the Mountain Sanitorium. Dr. Holbrook laid emphasis on preventorium work and spoke of the helpfulness of the school nurse and the visiting nurse in finding such cases.

Miss Dyke gave a short and very interesting account of the work of the tuberculosis nurses of the city. What they do and what they set others to do makes a sum total that is very encouraging to the workers and means much to the afflicted ones. The meetings will be held on the third Tuesday in future, at 3.30 p.m.

THE ALUMNAE ASSOCIATION OF THE HAMILTON CITY HOSPITAL TRAINING SCHOOL FOR NURSES.

President—Miss Coleman, 171 James St. South.

Vice-president—Miss Dressel, 58 Charlton Ave. East.

Recording Secretary—Miss M. E. Dunlop, 175 Charlton Ave. East.

Corresponding Secretary—Miss E. F. Bell, 274 Charlton Ave. West.

Treasurer—Mrs. Reynolds, 143 James St. South.

"The Canadian Nurse" Representative—Miss E. F. Bell, 274 Charlton Ave. West.

Executive Committee—Miss Ainslee, 57 Bay St. South; Miss Laidlaw, 143 James St. South; Miss L. Overholt, 15 Tisdale St. South; Miss A. Carscallen, 143 James St. South; Miss B. M. Simpson, City Hospital.

Regular meeting, first Tuesday, 8 p.m., at the Nurses' Residence, City Hospital.

The annual meeting of the Alumnae Association was held at the Nurses' Residence, City Hospital, on December 3rd. The President, Miss B. M. Simpson, occupied the chair. Plans for the coming year were discussed, followed by the election of officers. At the close of the business session the members entertained the Hamilton Chapter of the G. N. A. O. An excellent musical programme was well rendered and heartily encored, after which refreshments were served.

Misses Harvie and Brown are spending a well earned rest at their homes.

Miss Elizabeth Aitken has returned to the city to do private nursing, having spent a pleasant summer in the west.

Miss Dodds has given up her position in the west, and has returned to the city to do private nursing.

Miss E. F. Bell attended the meeting of "The Canadian Nurse" Editorial Board in Toronto, November 27th.

Born—At the City Hospital, on Thursday, November 28th, to Dr. and Mrs. Albert Pain, a son.

Died—At the City Hospital, on November 10th, Mr. Alex. Dunn.

THE CANADIAN NURSES' ASSOCIATION AND REGISTER FOR GRADUATE NURSES, MONTREAL.

President—Miss Phillips, 43 Argyle Ave.

Vice-Presidents—Miss M. Welsh and Miss Colquhoun.

Treasurer—Miss Des Brisay, The Poinciana, Sherbrooke St. W.

Secretary—Miss Fortescue, 611 The Lindsay Bldg., St. Catherine St.

Registrar—Mrs. Burch, 175 Mansfield Street.

Reading Room—The Lindsay Bldg., Room 611, 517 St. Catherine St. West.

Lectures—From November until May, inclusive, in the Medico-Chirurgical Society Rooms, 112 Mansfield Street, first Tuesday, 8 p.m.

The monthly meeting of the Association was held on Monday, December 2nd, the President, Miss Phillips, in the chair.

Special mention was made by the President, and thanks given to those nurses who had helped her at the Child Welfare Exhibition.

Some new books have been added to the reading-room library, among them being "Consumption and Civilization," by John B. Huber, A.M., M.D.

A vote of thanks, proposed by Miss Dunlop and seconded by Miss Lucy White, was moved at the close of the lecture, and was warmly supported.

As this meeting had been specially announced, the sparse attendance was to be deeply regretted. One would make this an opportunity to beg for a larger gathering at these meetings, for it is on these occasions that the members will encourage the spirit of unity in the work of the Association, without which no great thing can be accomplished.

The feature of the evening was the visit of Dr. Helen MacMurchy, who was expected to give the announced lecture on "The Mentally Deficient Child," but owing to a misunderstanding (by which the nurses profited) Dr. MacMurchy gave a vitally interesting address on "Public Service."

After speaking for forty minutes, Dr. MacMurchy sat down, but

on a smiling explanation from the President, rose again without protest or visible sign of fatigue, and gave a concise but animated lecture on the expected subject for the evening, and on concluding was greeted with a round of applause which testified to the appreciation of her generous efforts.

One approaches the matter of Dr. MacMurchy's personality with some diffidence, feeling that any seeming flattery would be sternly discountenanced; but one can confidently say that in her person are combined all three graces—Faith, Hope and Charity; and that she has also fully appreciated St. Paul's concluding comment, "the greatest of these is Charity"; for throughout her practical discourse, with its touches of humor and pathos, one discerned the all-pervading spirit of charity. The charity that is tolerant of petty weaknesses, and the sympathy which is the expression of universal love—love that is Divine.

At the close of the address one felt like saying with Peter when on the Mount of Transfiguration: "It is good for us to be here"; or, as the President happily expressed it: "I feel better than if I had been in church."

With the help of a colleague, a summary of the address on "Public Service" has been prepared from memory, for the benefit of those who were not present, and is given here with apologies to Dr. MacMurchy for all inaccuracies and omissions.

In her opening sentences Dr. MacMurchy remarked that she understood the phrase "Medical Profession" as embracing both doctors and nurses, and feeling much "at home" at a meeting of nurses, she would remain seated while speaking.

In a short while, however, Dr. MacMurchy's zest in her subject brought her to her feet, and she remained standing to the close of the address.

One of the leading points was the present relation of the medical profession to the general community, and especially the attitude of the State and its control in the matter, which, vaguely thought of some years back, was now in England an accomplished fact.

The medical profession undoubtedly holding the first responsibility in the question of public service, has the great difficulty in discovering the most suitable ways and means to perform those services, and it is here that hospitals and such societies count so much for the general benefit. In particular was mentioned the "Hospital Social Service." This organization, acting as an intermediary between hospitals and homes, and working in unison with churches of all denominations, paves the way for many a patient to take necessary treatment and rest in hospital whom, without this aid, would have found such a course impossible.

There is also the difficulty of dealing with the numbers of willing but incapable volunteers for the work; and a point of example was given

in the wonderful strategy of Gideon who, working under Divine guidance, reduced his enormous army of 32,000 to just 300 able men.

Making a practical application of this illustration, Dr. MacMurchy wondered if we would have merited a position among this small residue, figuring at one per cent., had we been subjected to similar tests.

When speaking of armies, Dr. MacMurchy drew attention to the wonderful statistics of the recent Japanese war. These show that the list of fatalities was miraculously low compared with that of any other battle yet fought. The exemplary behavior of the Jap soldiers in their adherence to orders compared favorably with that of the British soldier, who was rather more apt to use his own misguided judgment in small matters. A striking point was the order that the Japanese soldiers received one day, to the effect that a battle was to be fought the following day, and every man was to take a hot bath and put on a clean shirt. This order was complied with, the result being that far less septic wounds had to be dealt with, owing to the clean state of the shreds of clothing carried with the bullets into the bodies.

The English members will appreciate the reference to Sir Christopher Wren, whose glorious monument bears the epitaph to his momery, part of which reads: "He lived for ninety-one years, not for himself." Surely this is one glorious record in the cause of public service!

Dr. MacMurchy spoke also of the work done by individual nurses in hospitals, schools, institutions and homes of the poor; and of the good instruction advanced by the recent "Child Welfare Exhibition" which she warmly praised.

Dr. MacMurchy pointed out that rebuffs must be expected and contended with by those engaged in public service, and should tend to make one fight the harder, though the want of appreciation, the sneers of ignorance and the difficulties of working in harmony with those of various temperaments, are so very discouraging.

Dr. MacMurchy quoted her favorite lines from Browning, and it is from Browning one would borrow the lines that so aptly express the spirit which prevails in Dr. Helen MacMurchy's life and work—

"One who never turn'd his back, but march'd breast forward,
Never doubted clouds would break,
Never dreamed, though right were worsted, wrong would triumph,
Held we fall to rise, are baffled to fight better,
Sleep to wake."

—R. A. C.

"True nursing ignores infection except to prevent it. Cleanliness and fresh air from open windows, with unremitting attention to the patient, are the only defence a true nurse either asks or needs."

It is well to pause now and then and read philosophy, and better still to think and live it. The following is a quotation from Ralph Trine's: "In the Fire of the Heart."

"Here is my creed, at least as it comes to me to-day:

"To live to our highest in all things that pertain to us; to lend a hand as best we can to all others for this same end. To aid in righting the wrongs that cross our path by pointing the wrong-doer to a better way, and thus aid him in becoming a power for good; to remain in nature always sweet and simple and humble, and therefore strong;

"To open ourselves fully and to keep ourselves pure and clean as fit channels for the Divine power to work through us; to turn toward, and keep our faces always to the light; to do our own thinking, listening quietly to the opinions of others, and to be sufficiently men and women to act always upon our own convictions; to do our duty as we see it, regardless of the opinions of others, seeming gain or loss, temporary blame or praise;

"To play the part of neither knave nor fool by attempting to judge another, but to give that same time to living more worthily ourselves; to get up immediately when we stumble, face again to the light, and travel on without wasting even a moment in regret;

"To love all things, and to stand in awe or fear of nothing, save our own wrong-doing; to recognize the good lying at the heart of all people, of all things, waiting for expression, all in its own good way and time;

"To love the fields and the wildflowers, the stars, the far-open sea, the soft warm earth, and to live much with them alone, but to love struggling and weary men and women, and every pulsing living creature better;

"To strive always to do unto others as we would have them do unto us;

"In brief, to be honest, to be fearless, to be just, to be kind. This

will make our part in life's great, and, as yet not fully understood, play, glorious, and we need then stand in fear of nothing—life nor death, for death is life.

"Or rather, it is the quick transition to life in another form; the putting off of the old coat, and the putting on of a new, a passing, not from light to darkness, but from light to light, according as we have lived here; a taking up of life in another form, just where we leave it off here, a part in life not to be shunned or dreaded or feared, but to be welcomed with a glad and ready smile, when it *comes* in *its own* good way and time."

A post-graduate course in district nursing—four months is given at one of the training centres of the Order—Ottawa, Montreal, Toronto, Vancouver. For full information apply to the Chief Superintendent, 578 Somerset Street, Ottawa, or to one of the District Superindents at 478 Albert Street, Ottawa; 29 Bishop Street, Montreal; 206 Spadina Avenue Toronto, or 1300 Venables Street, Vancouver, B.C.

CORRESPONDENCE.

St. Catharines, Ont., Nov. 22, 1912.

To the Editor of *The Canadian Nurse*:—

Dear Madam,—In your issue of November I read the report of the Alumnae Association of the Mack Training School, which is in conjunction with our General and Marine Hospital. The last clause spoke of our board in such a manner as would lead to the belief that their nurses and graduates were neglected in time of sickness. May I have a small space in your loyal magazine to correct a false impression. I am a member of the A. A. and was present at the meeting, and can assure you nothing is further from the thoughts of our graduates in general than reproach of either our board or our hospital in the usage of their nurses, both graduates and undergraduates.

Being a resident of the city and in close touch with the hospital, I know our nurses get every consideration from both hospital and board at all times, but especially in times of sickness. Our donation of $125 which was mentioned was gladly donated to the hospital of which we are so proud, and we only regretted that we could not make it more.

I remain, yours in loyalty to our noble profession,

MABEL E. BRUCE.

HOSPITALS AND NURSES.

Miss M. K. Gallaher, late Assistant Superintendent of Nurses, General Hospital, Vancouver, B.C., has been appointed Lady Superintendent of the General Hospital, Moose Jaw, Sask. Miss Fraser, graduate of the Protestant Hospital, Ottawa, and Miss Sage, graduate of the Jubilee Hospital, Vernon, B.C., have been appointed Head Nurses.

Miss Maude Wallace, graduate of Chipman Memorial Hospital, St. Stephen, N.B., Class '12, who has been visiting in Saskatchewan, has gone to Florida to spend the winter. Miss Wallace will take a general post graduate course in New York before returning home.

Miss Mildred Forbes, M.G.H., '08, who has undergone an operation for appendicitis in the Montreal General Hospital, is progressing favorably.

Mrs. John Kerry (nèe Miss Mountain, M.G.H., '97), of Toronto, has been staying in Montreal and was a welcome guest at the November meeting of the Guild of St. Barnabas.

Miss Pauline Betters, M.G.H., '10, has returned to Montreal to resume private nursing.

Miss Watters, M.G.H., '10, who has been staying with her sister-in-law, Mrs. Watters (formerly Miss Darroch, M.G.H., '10) in Newark, N.J., expects to return to Montreal in December.

We are sorry to hear of the illness of Mrs. Wright (nèe Miss Norton, M.G.H., '00), of Ste. Anne de Bellevue. She has been a patient in the Montreal General Hospital for several weeks.

Miss J. B. Mathieson, Victorian Order Nurse in Wychwood, Toronto, has resigned her position. On the afternoon of November 29th the House Committee met the nurses at the home of the Order, 206 Spadina Ave. Lady Gibson presented Miss Mathieson with the small badge of the Order which is given to every nurse when she retires, if she has done at least three years' faithful work. Lady Gibson also presented to Miss Mathieson, on behalf of the committee, a handsome portfolio, and on her own behalf a beautiful silver ink-stand. This personal gift from Lady Gibson, evincing as it did her great interest in the Order, was much appreciated.

Miss Eastwood, the Toronto Superintendent, then presented Miss Mathieson with an amethyst heart on a gold chain, a gift from the staff. Lady Gibson kindly presented the badges of admission to the Order to the Misses L. Kaercher, B. Robb, M. Robb and A. Richardson. Tea was then served and a social half hour much enjoyed.

Miss Alma Murray, graduate of Riverdale Hospital, Toronto, who has been Superintendent of Cushing Hospital, Kansas, for the last three

years, is at her home, Breadalbane Street, Toronto, recuperating after an operation.

St. Catharines, Ont.—Miss Jessie Wallace, graduate of the Mack Training School, is in the hospital suffering from typhoid.

The Alumnæ Association of the Mack Training School held its regular meeting on November 17th in the Nurses' Home. Miss Bruce, who had taken a post graduate course at Bellevue Hospital, New York, gave a very interesting paper on her work. The Alumnæ has arranged monthly meetings for the winter months.

Miss Gertrude Sarney,, V.O.N., of Parry Sound, Ont., has succeeded Miss Sweeney as Superintendent of the Lady Minto Hospital at Melfort, Saskatchewan.

The *Melfort Moon* says, under date October 30th: "The local hospital is without patients for the first time in its six years' history. This speaks well for the healthfulness of the district."

The Toronto Graduate Nurses' Club was the scene of one of the prettiest teas of the season when St. Michael's Hospital Alumnæ Association entertained their friends. The pretty club rooms were thronged with guests between the hours of 4 and 6. Mrs. O'Brien, Mrs. McGuire and Miss O'Connor received. Miss Stubberfield and Miss O'Connor presided at the tea table, which looked lovely arranged with a profusion of small yellow and brown "mums," and yellow ribbons knotted with clusters of flowers hung from the electrolier, giving an artistic finish to the pretty room. Misses Cameron, Gordon-Miller, Boyle, Dolan, Coyle and a number of other graduates assisted. Soft strains of music behind a bank of palms added to the pleasure of this delightful event. The Club, which is so well adapted for social affairs, looked its best. We trust the other Alumnæs of the city will not forget "The Club" when having entertainments.

Mrs. Helm, of Markham, was present at the tea. Her many friends were glad to see her.

Miss Kate Mullen, who has been out of town for many months, was also present.

The many friends of Miss Gordon-Miller were delighted to see her after her recent serious illness.

The regular monthly meeting of "The Victoria Nurses' Club" was held on the afternoon of November 4th at three o'clock in the committee room of the Alexandra Club, Miss E. H. Jones, President, in the chair. Two new members were accepted. Fifty dollars was voted for the B. C. Nurses' Association to help pay expenses of registration. After the business of the day was settled Dr. Wasson addressed the club on "Feeding in Typhoid," showing how the old method of all milk feeding was

giving place to a more varied diet. The patient was better satisfied and recovery was hastened. Miss Jones thanked Dr. Wasson on behalf of the club, and the meeting was adjourned.

The Matron and nurses of the staff of Prince Albert, Sask., Hospital, who retired on account of disagreement with the management, upon retiring were the recipients of gifts from the people of Prince Albert. The presentations were made at a big reception given the nurses, when about seventy people were in attendance.

Miss Lockerbie, formerly Matron, was given a solid silver tea and coffee service; Miss Studdert, a solid silver toilet set; Miss Greening and Miss Mansell, a gold bracelet each; Miss Reid and Miss Parker, pearl and amethyst brooches; Miss Wood, a cut glass silver mounted perfume holder; Miss Limburne, a cut glass silver mounted smelling salts holder; Miss Wood, a silver photo frame. The housekeeper, Mary McDonagh, was presented with a silver photo frame, and the head orderly with a silver match box.

Miss Lockerbie was also the recipient of an autograph album containing the signatures of the medical staff and many former patients. She replied to the presentations on her own behalf and that of the staff. She expressed regret at the unfortunate circumstances that had arisen, making it impossible for her or the rest of the staff to remain. She said that the expressed sympathy of many of the leading people of the city as indicated by the reception and the gifts, had moved the recipients deeply and they would long cherish the memories of some pleasant associations which they had cultivated, notwithstanding the unpleasant final result of their connection with Victoria Hospital.—*Winnipeg Free Press.*

At the September meeting of the Calgary Graduate Nurses' Association the following officers were elected for the ensuing year: President, Mrs. McPhedran; Vice-President, Miss Turner; Secretary, Miss Templeton; Treasurer, Miss Rutherford. Miss Templeton has returned from a very delightful trip to the countries around the Mediterranean Sea, and has again taken up her duties in Dr. Blow's office.

Typhoid has again been in our midst, and the hospitals have been filled to overflowing, corridors, balconies and tents having been made use of for the accommodation of the patients. While many cases have been brought in from the surrounding country, the city cannot altogether evade the responsibility. Much of it came from sections of the city to which the sewerage and water systems have not been extended.

Miss Ferguson (C.G.H., 1912) has accepted a position as Night Supervisor at the Royal Columbian Hospital, New Westminster, B.C.

The thirty-second regular meeting of the Vancouver General Hospital Alumnæ Association was held in the Nurses' Home on Tuesday, November 5th, Miss Hart, the President, in the chair. Miss Judge

contributed a very interesting paper on the need of social service work, and the increasing necessity of teaching sex hygiene to the young. Miss Randall, Lady Superintendent, expressed her hope that all the graduates of the school who could do so would attend the graduating exercises of the 12th class, to be held at the hospital on the followingg Thursday. An informal chat and refreshments brought the meeting to a close.

In spite of the very inclement weather, a large number of people gathered at the V. G. H. to attend the closing exercises of the 12th graduating class of the Training School, on the evening of Thursday, November 7th. Full advantage was taken of the space afforded by the newly completed and unfurnished wing of the hospital, the presentation of diplomas and medals being held in one large ward, while another was in readiness for the dancing that was to follow. Both, with all the corridors leading to them, were prettily decorated with flags, bunting and Chinese lanterns. Nineteen nurses comprised the graduating class, of whom seventeen were present, dressed in the uniform of the school, each carrying a beautiful bouquet of crimson roses, tied with crimson ribbon, the school color.

Mr. Salsbury, Chairman of the Hospital Board, outlined the good work accomplished by the nurses in their three years of training, and touched briefly but feelingly on the mutual interdependence of Board and pupils. After expressing his best wishes for the health and prosperity of the outgoing nurses, he called upon Dr. W. D. Brydone-Jack for the valedictory address.

In the course of his very interesting speech Dr. Brydone-Jack touched upon the nurse's work from the social, domestic, philanthropic and personal standpoint, and later took into consideration her relations to the doctor, patient, and family, ending with some very kindly and practical advice with regard to several of the chief stumbling-blocks in the path of the newly fledged private nurse.

Mr. Salsbury then presented the diplomas, and Mrs. Findley, the Lady Mayoress, the medals, amid loud applause, which increased to a hurricane when the "Dr. R. E. McKechnie" medal for general proficiency was bestowed on the fortunate winner, Miss Katherine McDougall. The other members of the class were: Misses Emma Craig, Lititia Skuce, Lena Fish, Marion Fraser, Eleanor Chandler, Ethel Gill, Esther Brown, Gertrude Eveleigh, Mary Arbuckle, Bertha Edstrom, Myrtle Wheeler, Maude McConnell, Jessie Rhodes, Martha McElhoes, Kate Baynes, Jessie McLennan, Florence Morris, and Marion Marsh. A song by Mrs. Baxter and one by Mr. Schook were much appreciated during the evening.

Congratulations from friends and relatives to the graduating class followed an the close of the ceremonies, and then the internes, loyally supported by the younger men among the guests, passed round refreshments, after which the strains of the orchestra drew everybody to the

improvised ball-room, and dancing was kept up until shortly after midnight, when a most enjoyable evening was brought to a reluctant close.

The members of the Victoria Nurses' Club, Victoria, B.C., held an enjoyable reception at the Alexandra Club in honor of the members of the Graduate Nurses' Association of British Columbia who had come over from the mainland in order than an executive meeting might be held in Victoria. The gathering was presided over by Miss Jones, President of the Victoria Club, and the visiting nurses were Miss Wright, of New Westminster, Public School Nurse of the Royal City and President of the Graduate Nurses' Association; Miss Scott and Miss Grey, New Westminster; Miss Breeze, School Nurse, Vancouver; and Miss Judge, Vancouver. The first part of the evening was devoted to social intercourse, and the members listened to an interesting address from Miss Wright, who outlined the objects and aim of the Association. Refreshments were afterwards served, and at 10 o'clock an executive meeting was held, at which the most important subject discussed was the bill for the registration of nurses to be presented to the Legislature during the coming session. This bill will not prohibit any unqualified nurse or private individual from nursing, but will prevent such persons from claiming to be registered.

Friends of Miss Pauline Rose, of the nursing staff of Vancouver General Hospital, will learn with regret of the death of her mother in Simcoe.

The Woman's Auxiliary of Vancouver General Hospital find the social service work growing under their guidance. The Secretary in charge of this work reported 600 visits made during October, and a number supplied with clothing. She strongly urged the establishment of an employment bureau for those who had been ill and were in need of work.

The monthly meeting of the Vancouver Graduate Nurses' Association was held November 6th at the Nurses' Club. There were ten nurses present, Miss Trew, First Vice-President, in the chair. It was proposed and carried that a sick benefit fund be formed and that the proceeds of the last dance, amounting to about $120, be used to start the fund. A committee was appointed to collect data for the management of such funds and to enquire the cost of furnishing a private ward in the new wing of the Vancouver General Hospital.

A new hospital is to be erected shortly at High River, Alta., and it is probable also that a hospital will be built at Pentieton, B.C.

The Toronto Central Registry Committee held its regular monthly meeting at 295 Sherbourne Street on Monday, October 7th, at 3 p.m., Miss Fergusson in the chair. The Registrar's report showed the calls

for July to be 246; for August, 268; and for September, 236. Cash receipts for the three months were $597.41, and disbursements for same period $498.08.

The meeting on November 4th was the annual meeting, when nine members were present. Miss Christina A. Mitchell was appointed Convener for the next year, and Miss Mary Gray, Secretary. The Registrar's report showed the calls for October to be 290. Seven cases had been assisted by the Extension Fund. The bank balance is $1,758.54.

At the meeting on December 2nd the Registrar's report showed calls for November to be 280. Five cases were helped by the Extension Fund. The bank balance is $1,521.51. Thirteen nurses joined the Registry in November, making a total of 418 active members.

We are sorry to report the illness of Miss Rowan, a member of the committee, who is still in St. Michael's Hospital, of which school she is a graduate.

Miss Kathleen Scott, graduate of Riverdale Hospital, Toronto, left in September, 1912, to accept the position of Assistant Superintendent of the Children's Hospital, Pittsburg, Pa.

Miss Margaret Thompson, graduate of Grace Hospital, Toronto, and Miss Ada Ballantyne, graduate of the Hospital for Sick Children, have been appointed to the city nursing staff, child welfare division. Miss Jessie Woods, H.S.C., has also been appointed to this division.

Miss Galbraith, graduate of Toronto General Hospital, and Miss Panton, graduate of Hospital for Sick Children, Toronto, have been appointed on the staff of School Nurses.

The Board of Vancouver General Hospital is planning for increased accommodation in the near future, both in the general and isolation departments. A grant of $325,000 is asked from the city for this purpose.

Miss O'Hara, H.S.C., Toronto, is on the city tuberculosis staff, relieving Miss Goodall, who has been ill for the last two months.

Miss Handley, graduate of St. John's Hospital, Toronto, and post graduate of Toronto General Hospital, left Toronto in September to accept a position as Assistant Superintendent in Strathcona Hospital, Edmonton, Alta.

The bazaar held at the Woman's Hospital, Montreal, on September 28th, 1912, was a great success, and we would like to take this opportunity to thank our friends who contributed so generously, as well as those who worked so hard to make it a success. We cleared over $400, which is to be used to furnish a new Nurses' Home. Our original plan was to furnish a room for sick nurses, but the attending staff of doctors has kindly given permission to admit free of charge any graduate needing hospital care, who is a member of the "Alma Mater Society."

We hope all our graduates will join the society and help to make a better bazaar next year. The meetings are held the last Thursday of each month at the hospital.—E. F. T.

Miss Helen Baker, graduate of Toronto Western Hospital, is spending the winter nursing in Saskatoon, Sask.

The regular monthly meeting of the Toronto Western Hospital Alumnae Association was held at 24 Rosebery Ave., on Friday, Dec. 6th. The President, Mrs. MacConnell, occupied the chair. The meeting was very well attended. Miss Dyke gave an interesting talk on work done by the visiting nurses for the tuberculous of Toronto. These nurses are a great power in the alleviation of suffering, and are doing a splendid educative work in the homes of the afflicted. At the conclusion of Miss Dyke's address refreshments were served.

Miss E. F. Neeten, Superintendent of Nurses, Royal Alexandra Hospital, Fergus, Ont., attended the annual meeting of "The Canadian Nurse Editorial Board."

A report in October says that infant paralysis appeared among the Eskimos of Alaska for the first time on record, and the public health service is taking measures to stamp out the disease.

The Alumnæ Association of the Hospital for Sick Children, Toronto, held its regular monthly meeting at The Residence on November 14th, Miss Rogers, President, in the chair. The attendance was fair. It was decided to issue a revised and enlarged edition of the Invalid Cook Book. This is a book of individual recipes that private nurses will find invaluable. The book may now be secured from the Registrar at the Toronto Graduate Nurses' Club, 295 Sherbourne Street.

The Alumnæ Association of the Toronto General Hospital held its regular monthly meeting on December 6th in the Nurses' Residence,, the President, Mrs. Feeny, presiding. Mrs. Bailey gave a very interesting report of the work done by the Social Service Committee. A discussion on ways of helping Miss Holman, of the Social Service Department of the Hospital, followed. The members are keenly interested in the work. The January meeting is to be a social one, held at the Toronto Graduate Nurses' Club, 295 Sherbourne Street. Dancing and other amusements will be arranged. The graduating class of 1913 are invited as guests of the Alumnæ.

Winnipeg—

On the evening of October 31st Miss McKelly, a returned missionary from India, gave a most interesting address to the staff, pupils and other graduates in the drawing room of the Nurses' Home of the General Hospital. The speaker told of the great need of assistance from the nursing profession to help make possible the success of missionary

work amongst the native women of India. Material assistance was also needed. The most necessary at this time was a mangle, a sewing machine, and twenty-five dollars, part support of a native nurse. At the close of the meeting Miss Wilson gave the amount asked for to install a mangle. The Undergraduates and Senior Class volunteered the sewing machine. It is hoped that the Graduate Nurses' Associations will see to it that the twenty-five dollars is forthcoming.

The regular monthly meeting of the Winnipeg General Hospital Nurses' Alumnæ Association was held December 4th in the Nurses' Home. After the regular business the annual election of officers for the Alumnæ Journal followed. The Editor, Miss Gilroy, was re-elected, with Miss A. E. Johnston as Assistant. The Business Manager, Miss K. A. Cotter, and the Assistant, Miss L. Newcombe, were re-elected. The Journal is self-supporting.

Miss Hilda Corelli has returned from visiting in Europe and is doing private nursing.

Miss Bella Asher is spending the winter in Los Angeles, Cal.

Miss Aikman, who has been in charge of the hospital in Kenora, has resigned and is doing private nursing in the city.

Miss Eaton has been appointed to fill the vacancy caused by Miss Aikman's resignation.

Miss Deacon and Miss McRae are going to Vancouver.

Miss Mae Cobb, Vancouver, is visiting in the city at present.

Miss Helen Stewart, W.G.H., '06, Vancouver, is private nursing in San Francisco.

Mrs. Davis (nèe Florence McBride, class '06) has been appointed Curator in connection with the Medical College.

Miss Lily Kidd, Staff Nurse, W.G.H., has taken a patient to California for the winter.

Miss Inga Johnson, who has been our untiring Editor of the personal column, resigned, and Miss M. I. Burns was elected to fill the vacancy.

It was suggested that the Alumnae do something in the way of giving Christmas cheer, and twenty dollars was voted, and Misses A. E. Johnston and L. Newcombe were appointed a committee to find poor families and distribute the cheer. Twelve dollars and fifty cents was also voted to the part support of a native nurse in India through the Zenana Medical and Bible Mission.

The Convener of the Committee on Legislation called a special meeting to talk with Miss Mary Ard Mackenzie during her recent visit in the city.

The Manitoba Association of Graduate Nurses are busy on their bill for registration for graduate nurses, and hope to have it ready to be presented as a private bill at the meeting of the Local Legislative Assembly in January.

The regular meeting of the Manitoba Graduate Nursing Association on December 31st, 1912, will be held at the new Nurses' Residence and Registry, 753 Wolseley Ave., instead of the Winnipeg General Hospital Nurses' Home, which is the regular meeting place at present. The meeting will be a social one, and we hope to welcome a large number of new members. A general invitation is given to all graduate nurses.

THE TORONTO GRADUATE NURSES' CLUB.

With the opening of the season the Graduate Nurses' Club has been a busy place, and is fast becoming a social centre for the nurses and their friends. Almost every day some of the members avail themselves of the numerous opportunities offered in this lovely place, the absolute change and "non-professional air" making it most attractive.

Miss Snively was a guest for two days after her return from abroad and looks greatly benefited by her trip.

Miss Sutherland, of New Zealand, was a guest for two weeks, passing through Canada on her way home from the Congress in Cologne. She was very bright and interesting and gave us a great deal of information regarding State Registration in New Zealand. A tea was given in her honor by the Executive of the G.N.A.O. and was greatly enjoyed by those present.

Another very bright and attractive visitor was Miss Terry, of Rome, Italy, who for ten years has been organizing training schools in Italy. She also had some medals given her in recognition of her brave and noble work at the time of the Messina earthquake. News from Chicago tells us that Miss Terry was charmed with the Club and entertained friends one whole afternoon, enlarging on the innovation of a "real Club" and giving a glowing description of the place.

The Florence Nightingale Association hold its meetings at this Club, and in October had a talk from Mrs. Leslie Coleman, of India, on "The Customs of Women of India," which was greatly enjoyed. Mrs. Coleman is a sister of Miss Margaret Urquhart.

In November Miss E. Grant gave an interesting paper on Teulon Hospital, where she had spent two years.

In December the F. N. A. gave a military euchre, about thirty guests being present. Mrs. McConnel, who was a guest of the Association, won first prize, and Miss F. Hamilton second. The evening was greatly enjoyed by all present.

Another feature of the Club is the twilight musicales, which are being given fortnightly during the winter for the members. On Saturday, November 30th, Miss Dolan and Miss McMahon were most kind in furnishing the programme. Mrs. Feeny was the hostess, assisted by

Miss Coyle and Miss Hill. About thirty guests were present. The next musicale will be on December 14th.

Mrs. Chas. McCrae, of Sudbury (Miss Dent, T.G.H., '01) is a guest at the Club.

(Nurses anywhere may become members of the Club. A share costs five dollars, and this makes you a member for one year; the yearly fee afterwards is one dollar for out-of-town members. The advantage of this is that you enjoy the privileges of the Club when visiting Toronto.)

MARRIAGES.

MINTHORN-BLAIKIE—In July, 1912, Miss Georgie Blaikie, Graduate of Toronto General Hospital, to Dr. Minthorn, of Simmons, Ont.

ELDER-OFFORD—On August 20, 1912, Miss Offord, Graduate of Toronto General Hospital, to Mr. Elder, of Toronto. Mr. and Mrs. Elder will reside at 123 Westminster Ave., Toronto.

WHITE-BRAND—On September 14, 1912, Miss Florence Brand, Graduate of Toronto General Hospital, to Mr. Joseph W. White, of Bracebridge, Ont.

WASHINGTON-MURRAY—On September 17, 1912, Miss Lillian Murray, Graduate of Hahnneman Hospital, to Frederick G. Washington, Phoenix, Arizona.

BULLOCK-STEVENSON—On August 22, 1912, Miss Daisy Stevenson, Graduate of Toronto General Hospital, to W. G. Bullock, of Fredericton, N.B.

RAMSON-ANDREWS—On August 31, 1912, at Beamsville, Ont., Miss Catharine Andrews, Graduate of Hospital for Sick Children, Toronto, to Mr. Fred Ramson. Mr. and Mrs. Ramson will reside at 37 Melgund Ave., Ottawa.

BLACKWELL-THOMPSON—On August 21, 1912, at Huntsville, Ont., by Rev. E. J. Harper, Miss Grace Thompson, Graduate of Hospital for Sick Children, Toronto, to Dr. Benjamin Blackwell, of Richard's Landing, St. Joseph's Island.

JANES-VAN EVERY—At the home of the bride's parents, 116 Fermanagh Ave., Toronto, by the Rev. W. B. Caswell, of Parkdale Methodist Church, Minnie Almer, only daughter of Mr. and Mrs. S. M. Van Every, to Stanley R. Janes, late of Calgary. Miss Van Every is a Graduate of Buffalo General Hospital.

CLAPP-MARRIOTT—On October 7th, at Maple Hill Farm, Muskoka, home of Mr. and Mrs. D. Hamilton, by Rev. J. Waring, Miss Martha Marriott, Graduate of Mack Training School, St. Catharines, Class '00, to Mr. Carlton W. Clapp, of Kenmore, N.Y. Miss Marriott has been engaged in private nursing in Calgary, Alta.

THE GRUCHES OF A GRAD.

(Continued from page 28.)

Clarence Wilming-Reed had gone to his nightly duties as usual, despite the domestic crisis threatening.

The man nodded.

"Yep. It's a good job, too."

He pushed open a door leading into an exquisitely neat little kitchen, with three more doors leading out of it. My guide pointed to one.

"She's in there," he growled. "Mrs. Jones from down the street come in to stay with her till you come or the doctor; he ain't got here yet and likely won't; if you want any more help I'll be right here.

I turned round and gazed at the stalwart volunteer. I like neighborliness, but this seemed to be carrying a good thing too far. "And I hope you will stay right here," I said, with some asperity, on recovering my breath.

"Sure. Do you think I'm likely to go down town to-night?"

Considering the weather, I did not think it very likely.

"I'll keep the fire stoked for you," he added, relenting, and I nodded my acknowledgments and went on into the bedroom to introduce myself to my patient.

She was a pretty little woman with big, scared eyes; scarcely so beautiful, however, to my way of thinking as to account for a young man throwing away all his prospects for her.

"You're—you're another one," she faltered, scanning me in a startled way.

"Yes," I said, blandly, "my friend was taken ill with grippe, so I came instead; I dare say we will get along very nicely."

"Oh, yes, I am sure," she murmured, and then lost interest in me abruptly.

Mrs. Jones—whose maiden name had probably been Clancy—fetched and carried with zeal and intelligence; the neighborly janitor stoked to good purpose, and just before midnight I handed a very pink and vociferous small boy to his delighted mother; the doctor had never appeared at all. Mrs. Jones looked on admiringly from under a much skew-geed thatch of hair.

"Shure, an' his father will be a proud man this night," she exclaimed delightedly. "Will I just be tellin' him to shtep in, Nurse?"

"Wouldn't it be a pity to bring him from the mill at this time of night?" I objected.

Mrs. Jones stared at me.

"The mill is a foine new name fer the kitchen stove," she remarked then. "You will be havin' your joke, Miss."

But a horrible suspicion seized me that this was going to be no joke.

"Is—isn't your husband a Mr. Clarence Wilming-Reed, and hasn't he a position as night watchman at the Western Shingle Mills?" I inquired hastily of my patient.

"My husband's name is William Reed, not Clarence, and he is the janitor here," she said, looking at me wonderingly.

"Just plain Bill an' no frills at all; wouldn't I be knowin' it, an' him me own man's third cousin on the mother's side?" demanded Mrs. Jones.

But I was not really interested in the chronology of the Joneses.

"Had you not engaged a Miss Steele to nurse you?" I asked the wife of plain Bill, gently.

"No; the lady who came to see me was from the Victorian Order. William couldn't afford to get me a nurse for all the time, and Mrs. Jones is very good."

Mrs. Jones smoothed down her apron and murmured something about nine and all doin' first-rate. But Mrs. Reed's big eyes were on my thoughtful countenance.

"I—I'm scared there's been a mistake," she hazarded, timidly; "there's a Mrs. Clarence Wilming-Reed in Flat One on the first floor, and she—William heard him, the young man, 'phoning to a nurse early this evening—a nice young thing she seemed, not long out from England; maybe that was the case Miss Steele had."

"I rather think it was," I said, beginning to look round for my cuffs. "You see, when I met your husband and he asked if I was the nurse, I naturally said 'Yes,' and when I added 'for Mrs. Wilming-Reed,' he naturally said yes. A man couldn't be expected to notice an odd 'g' under the circumstances. But why hasn't your own Victorian Order nurse turned up, I wonder."

"I—I am afraid William couldn't have 'phoned," faltered my patient; "he had just started out to do it when he came right back with you."

"Um!—that accounts for the rest of the milk in the cocoanut. I expect he thinks mind-reading is part of our training, and I just naturally happened in because you needed me."

"But I'm awful sorry you lost your case," sighed the little woman.

So was I, but I wrenched my smile into working order.

"Don't worry yourself about that," I said, cheerfully; "I wouldn't have had the pleasure of meeting you if the mistake hadn't happened." Since the privilege had cost me seventy-five dollars, it seemed a waste not to appear to enjoy it anyhow. "And the other Mrs. Reed must have secured a substitute long since."

"If ye mean a nurse, I seen one scootin' up the stairs along about nine o'clock," volunteered Mrs. Jones. "Will I be tellin' Bill to come in yet? Shure, the little dear is the very image of him."

I suppressed a vicious impulse to say that matters were not so bad as that, and contented myself with slapping my belongings into my valise and ramming it shut; then I gave Mrs. Jones some directions, promised to notify the Victorian Order of the arrival, and by some inexplicable piece of luck caught the last car home.

I had not thought up any satisfactory way of breaking the shock to Sadie when I arrived at the house and, letting myself in, discovered that her light was still on, though she was sound asleep. A Burr-McIntosh Magazine lay open on the bed, a half empty box of chocolates stood on the table beside the eucalyptus, and the fire—the open fire for which we paid five dollars a month extra, and which saved us from suicide at least half a dozen times every winter—burned down to a red glow.

It looked very cheerful and inviting, but before I could begin to appreciate it Sadie opened her eyes and looked at me dreamily for a moment—perhaps two. Then intelligence dawned, and she sat bolt upright with a jump.

"What—why—how—what's happened? What's the time? How did you get here?"

"Boy; two o'clock; street car," I replied, clearly and tersely.

"But—how—why?"

My eye fell on the telephone and I promptly jerked it down. I owed two explanations, and I decided that it would be economy to give both at once.

"Victorian Order?" I enquired blandly. "Yes, Miss Steven speaking—I'm awfully sorry to disturb you, but I have accidentally butted in on a case of yours at the Happy Mansions, yes, Mrs. William Reed, my case was Mrs. Wilming-Reed, so you see, oh yes, doing finely, no, don't mention it, glad you enjoyed the extra sleep, told them I'd let you know, no, not at all, my own fault if anybody's, but there was really no time to, yes, fifty cents I believe, I told them to give it to the Order or lend it out at interest for the boy, in my present financial crisis fifty cents would really hardly help at all, you are very welcome indeed, good-night."

Then I turned round and the storm broke. Sadie was thumping her pillow into a pancake, she had already jerked her chocolates into the coal-scuttle and the magazine went on to the floor with a thud.

"So, that's the kind of a mess you've made of it, and what about our lot now?" she raved. "I told you the first flat and you go into the basement."

"It was only two steps down," I objected, weakly.

"And I described the patient to you minutely and—"

"You said pretty and shy and poor, and that described Mrs. Bill Reed. And sweet and the first baby, and she fitted that."

"Oh, don't try to shift it on to me," stormed my partner; "you were too cross to pay any attention to anything I said."

"But I tell you the man grabbed me on the doorstep, and with the other husband—I mean your case's husband—being a night watchman, I didn't wonder at him not being round, and I don't see how I could tell that it wasn't your Mrs. Clarence Howling-Swell Reed; anyway it's spilt milk now and you might as well give the jug a rest. When all's said you're no worse off than if I hadn't come in in time to undertake the case."

"Then it wouldn't be half so maddening. But to think you actually had the case—oh, you might as well have thrown the seventy-five dollars into the furnace! Why I ever tied up with such a perfect idiot as you I really don't know." And she brought a Beatrice and Dante down from the wall on their innocent heads with a vicious flick of the bed-spread.

When I get really mad—so mad that it wouldn't help me a bit to drop all my worst enemy's best china on a brick floor—I lower my voice to the pitch of a summer zephyr, and choose my words with deadly care and deliberation. If I didn't they would ball up in my throat and choke me, which would be a pity. So now I said, very gently:

"Sadie, when I first came in I was selfishly inclined to be sorry for myself; I began thinking that I had had no sleep for three nights, and nothing to eat since lunch yesterday, and four hours' hard work to-night with only a thank-you and a forty-minute car ride at the end of it, but now that I see how you have suffered, forced to lie here before the fire with nothing to do but look at pictures and eat chocolates till sleep relieved you, I—I realize how selfish I have been, and all my—no," as Sadie turned pink and started to open her mouth, "don't say another word—you have endured enough for one night. I am going to bed now. I forgot to mention it before I went out, but I have smallpox, the malignant type, and anybody who comes near me for the next twelve hours *will catch it!* Do I make my meaning plain?"

I guess I did. It isn't much ever gets past Sadie's intelligence. I sailed out and closed the door before she could think up anything to say, but before I had taken more than one roll to bring the bed-clothes up to the back of my neck, she slipped in with a cup of chocolate and a ham sandwich the size of a stove-lid.

"I put lots of mustard in it," she remarked cheerfully.

"You generally do," I said from behind the first bite; "but a sandwich would be pretty dull without lots of mustard."

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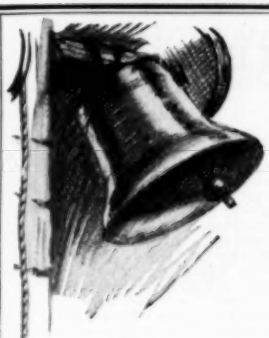

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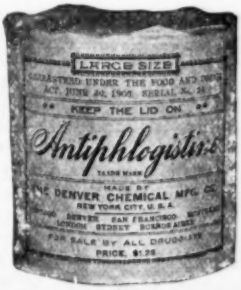

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Superintendent of Nurses—E. B. Whyte.
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Graduate nurses on staff—Six.
Pupil nurses—Thirty.
Term of training—Three years.
Branches of training—Medical, surgical, obstetrical.

Hospital—St. Paul's Saskatoon.
Established and Registered—1907.
Superintendent of Hospital—Sister St. Ligouri.
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Branches of training—All.

Hospital—The General, Moose Jaw.
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Number of beds—One hundred.
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